



METHUEN ELDER AFFAIRS
Methuen Activity Center
77 Lowell Street, Methuen, MA 01844
(978)983-8825 ~ www.ci.methuen.ma.us
Monday through Thursday ~ 8:00am – 4:00pm
Friday ~ 8:00am – 12:30pm

MAY 2011

STAFF

Corinne C. LaCharite, Executive Director
Department Head
Linda Sheehan, Administrative Assistant
Lynneanne Moss, Head Clerk
Susan Foster, Activity Coordinator
Elena Ganem, Office Support

COUNCIL ON AGING

Elena Ganem, Secretary
Mary Jane Beaulieu, Vice Chair
Leo Kirane, Treasurer
Louise Flynn, Honorary

Monica Pitman, Chairman

Elaine Morissette
Alfred D'Agata
Charlotte Blood

GREETINGS FROM THE COUNCIL ON AGING

The Methuen Council on Aging consists of a seven member board appointed by the Mayor and approved by the City Council. The Council on Aging's main objectives are: (1) To advocate on behalf of the Methuen elderly population in addressing their needs by identifying and developing community resources of assistance. (2) To set policy for the operation of the Senior Center (3) To provide information, referral, outreach, nutrition and health services in cooperation with other City Departments and area agencies. (4) To enhance the quality of life for Seniors and the Community by providing educational, recreational, cultural programs and activities.

SERVICE STAFF

BENEFITS COUNSELING / SHINE Volunteer
Beverly Bradley

GIFT SHOP
Barbara Skinner, Manager

HEALTH CLINIC (VNA)
Jan Giles, RN

MEALS ON WHEELS/NUTRITION PROGRAM
Maureen Donovan

OUTREACH / SUPPORT SERVICES
Louise Edelblute, RN

SENIOR READERS IN SCHOOLS
Linda Sheehan, Susan Foster

TELEPHONE REASSURANCE

THRIFT SHOP
Lilian Zakia

TRIPS
Susan Foster
Elena Ganem

VOLUNTEER MEDICAL TRANSPORTATION
Dorothy Zazopoulos

VOLUNTEER SERVICES/FRIENDLY VISITOR
Linda Sheehan
Dorothy Zazopoulos

SOCIAL GROUPS

AARP
Loretta Andrade

BEANO
Phyllis Hutton

BRIDGE GROUP
Jennie Santacroce

SATURDAY NIGHT BALLROOM DANCE
Elena Ganem, Manny Quintal

SHUFFLEBOARD GROUP

**May: Celebrating Older
Americans Month**

Older Americans: Connecting the Community

Recognizing the many ways in which older adults

bring inspiration and continuity to the fabric of our communities and highlighting the many ways technology is helping older Americans live longer, healthier and more engaged lives.

IN APPRECIATION...

Special thanks to all who contributed to the programming and services at the Senior Center in April including; Elder Services of the Merrimack Valley for an informational series on balance; Mayor Manzi and the Methuen Santa Parade Committee for sponsoring an afternoon of dancing with the Dick Kaplan Band; Methuen Police Dept for camaraderie and friendly competition at the 45's tournament; Tom Hargreaves, Secretary Coleman Nee, Michelle Mastrangelo, Bryhn McLeod, Matthew Steer, John Dowd and Frank Shimko for Veteran's Night information; Senior Whole Health for Mind Games Trivia; Richard Clark and the Methuen Arts Lottery Commission for the Mark Twain performance; everyone who helped with the "senior prom"; Lois Marra of Merrimack Valley Hospice continued grief support; Atty. Karol Bisbee for continued free monthly Legal Clinic; Dan DiBurro, Carl Much and Tom Ciaccia for another very busy year of tax returns for seniors!



Visit with us again this month. You won't want to miss a thing!

Did you know you can access our newsletter on the internet? Just go to www.ci.methuen.m



In the left hand column, click on *city departments*,

then click on *senior center*.

FREE LEGAL ASSISTANCE. Karol Bisbee, Elder Law Attorney will hold a free legal clinic every third Wednesday of the month from 9:00-11:00am. Appointments made on a first come-first served basis, limited to 15 minutes.



MEMORIALS

Memorials have been received in memory of:



**Effie Allen
Joanne Clarke
C. Paul Iannaccone**

Memorial monies received to the Methuen Senior Activity Center will be used for special memorial items only.

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Memorial cards are available at the Center Office and from your funeral director.

## **ATTENTION: EZ TRANS RIDERS**



Financial assistance is available for the purchase of EZ Trans transportation tickets through the Methuen Council on Aging's grant funded by HUD. Methuen senior residents who use the EZ Trans program are encouraged to apply for reduced fare (*1/2 price*) ticket books available only through the Methuen Council on Aging. Methuen seniors must be income eligible and provide proof of household income to participate. For more info, stop by the office or call 978-983-8825.

## **50/50 CLUB WINNERS** ☺

Congratulations to the April 2011 winners

|           |                        |                  |           |
|-----------|------------------------|------------------|-----------|
| <b>\$</b> | <b>Eva Violette</b>    | <b>\$ 179.55</b> | <b>\$</b> |
|           | <b>Gail Kenney</b>     | <b>\$ 107.73</b> |           |
|           | <b>Pauline Freeman</b> | <b>\$ 71.82</b>  |           |

If you haven't joined the club yet, it's not too late!  
Enrollment forms are available in the office  
6 months (\$24.00) or 12 months (\$48.00).  
Three chances to win each month! Sign up today!

## **FUNDRAISING** ☺

Please help our efforts to keep the Center safe, clean and well-maintained by attending our fund-raising activities!

While reading this newsletter, you'll notice a smiley face symbol - ☺ - next to several events. This symbol denotes a fundraising activity sponsored by our non-profit Methuen Senior Activity Center Inc. Committee. Those privately raised funds will be put toward our estimated \$25K in utilities and repairs this fiscal year! Also, please remember to patronize our Thrift & Gift Shops, specially scheduled Jewelry Sales and the on-going 50/50 Raffle as we depend upon these major fund-raising venues to keep us going!

**Thank You!**

## **BLOOD PRESSURE CLINIC** 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the Month ~ 9-11am

**This Month: May 10 & May 24, 2011**

There is no charge for this service, but donations are always welcome!



**Join the Club...**

## **METHUEN SENIOR CENTER 50/50 CLUB** ☺



**Three Winners Each Month!**

**Membership \$4.00 per month**

**Must be paid 6 month \$24.00 or 12 months \$48.00**

|              |            | <b>Prize Fund</b>                  |                       |                       |
|--------------|------------|------------------------------------|-----------------------|-----------------------|
|              |            | <b>50% of Total Monthly Income</b> |                       |                       |
| # of Members | Prize Fund | 1 <sup>st</sup> Prize              | 2 <sup>nd</sup> Prize | 3 <sup>rd</sup> Prize |
| 100          | \$200      | \$100                              | \$60                  | \$40                  |
| 150          | 300        | 150                                | 90                    | 60                    |
| 200          | 400        | 200                                | 120                   | 80                    |
| 250          | 500        | 250                                | 150                   | 100                   |
| 300          | 600        | 300                                | 180                   | 120                   |
| 350          | 700        | 350                                | 210                   | 140                   |

**For more information, or to join the club,  
Visit the office at 77 Lowell St, Methuen**

*(Your Donation is Tax Deductible)*

**Membership \$4.00 per month  
Must be paid 6 months or 12 months**

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Donation: \$ _____

**6 months = \$24.00 12 months = \$48.00
(Make Check Payable To: MSC 50/50 Club)**

Date: _____

Name: _____

Address: _____

May 2011 Events Calendar

- Tues 3 Collette Vacations will discuss Canadian Rockies and other upcoming trips. 10:30am.
- Thurs 5 Annual Arts, Crafts & Music Festival. 9-3pm. Open to the public. Details on page 10!
- Tues 10 Informational Talk: "What Happened To My Life?" Free workshop on Caring for your elderly loved one. Speaker: Atty. Karol Bisbee. 1:00pm
- Wed 11 Postage Stamps for sale in the lobby. 10:30am.
- Wed 11 Special Event: Performance by singer, Tommy Rull. 1:00pm. Sponsored by Methuen Arts Lottery Council.
- Sat 14 ☉ Saturday Night Dancing. The Entertainers. 7:30pm. \$8.00pp
- Tues 17 AARP Meeting. 1:00pm
- Tues 17 Foot Care Clinic. 1:00pm. By appt only. \$25 fee
- Wed 18 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- Wed 18 Trivia of 40's, 50's & 60's hosted by Home Instead. 12:30pm. All are welcome!
- Thurs 19 Birthday Party. 11:30am.
- Tues 24 Informational Talk: Medicare Changes 2011. Speaker: Hal Pierce of ESMV. 1:00pm.
- Wed 25 N.A.R.F.E. Meeting. 2:00pm.
- Thurs 26 Day Trip: Foxwoods Casino. 6:30am. \$25.00pp.
- Thurs 26 Informational Health Program 10:30am. KEEP. Love Your Kidneys, Know Your Score! By appt.
- Sat 28 ☉ Saturday Night Dancing. Fred Manzi Trio. 7:30pm. \$8.00pp.
- Mon 30 Memorial Day. Center Closed.
- Tues 31 Informational Talk: Getting Around While Traveling. Speaker: Pam Ayotte MS CTRS/L. Sponsored by Northeast Rehab. 10:30am.

(Cut out and mail in your membership today!)

to keep your mind active and engaged!
Sponsored by *Home Instead*.

COMING SOON...

- June 7 Informational Talk: Jamie McKallagat of MVRTA will be here to discuss the new transportation service to Boston Hospitals and Lahey Clinic and answer questions. 12:15pm. Details inside.
- June 8 Postage Stamps for sale in the lobby. 10:30am.
- June 8 Informational Health Talk: Lifestyle Changes for Stroke Prevention. Speaker: Joanne Desmarais, PT, DPT of Northeast Rehab. 10:30am.
- June 11 ☉ Saturday Night Dancing. The Mel-Tones. 7:30pm. \$8.00pp
- June 15 Free Legal Clinic. Atty. Karol Bisbee. 9-11:00am. Appointment required (15 minutes maximum)
- June 15 Special Health Event: Kidney Screenings. 10-2pm by appt. only.
- June 16 Birthday Party! 11:30am.
- June 21 AARP Meeting. 1:00pm
- June 21 Foot Care Clinic. 1:00pm. By appt only. \$25 fee
- June 22 Informational Talk: Medicare Fraud Program. Watch for developing details.
- June 26 ☉ Saturday Night Dancing. Pete Saran's New Life. 7:30pm. \$8.00pp
- June 30 Day Trip: Foxwoods Casino. 6:30am. \$25pp.

2011 SATURDAY NIGHT DANCING

At Methuen Senior Activity Center

77 Lowell St, Methuen ~ 978.983.8825

- May 14 The Entertainers
May 28 Fred Manzi Trio
June 11 The Mel-Tones
June 25 Pete Saran – New Life
July 9 Boots & Co.
July 23 The Entertainers
Aug 6 Fred Manzi Trio
Aug 20 The Mel-Tones
Sept 10 Pete Saran – New Life
Oct 1 Boots & Company
Oct 15 The Entertainers
Oct 29 Fred Manzi Trio (Halloween)
Nov 19 The Mel-Tones
Dec 17 Pete Saran – New Life



INFORMATIONAL HEALTH TALK
"Love Your Kidneys ~ Know Your Score"
Free Program hosted by National Kidney Foundation
Thursday, May 26, 2011 ~ 10:30-11:30am
Methuen Senior Activity Center 77 Lowell St, Methuen
Learn how kidneys function, what chronic kidney disease is, risk factors for CKD, complications and treatment options! Registration required: 800-542-4001 or register at senior center office!

Wed. May 18, 2011 ~ 12:30pm

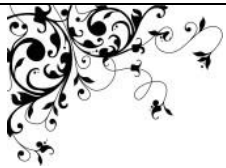
"Trivia ~ 40's, 50's & 60's"

Join us for a fun game of trivia designed



Dec 31 New Year's Eve Dinner/Dance
Fred Manzi Trio (Tickets: TBA)

Tickets available in the office and at the door.
Come in costume for our specially marked dances!



**A Message
from the
Executive
Director
And Chairperson of the
Council on Aging**

May is Older Americans Month! Since 1963, the U.S. Administration of Aging has dedicated May to celebrating older Americans. This year's theme "**Older Americans: Connecting the Community**" pays homage to the many ways older adults contribute to the vitality of the community. In Methuen, our senior volunteers are a shining example of connecting with the community. Our Intergenerational activities, such as the Pen Pals Program, have fostered friendships and connections between schoolchildren and seniors since 1990. Now, many of those same students are returning to participate in the High School Program: Adopt-A-Grandparent where seniors and students meet weekly to play cards, enjoy activities and become friends. Many other seniors step up to help one another by delivering meals, being Friendly Visitors to the homebound and driving some to doctor appointments. Many others share their talents by entertaining the community. Our Happy Hearts Chorus has performed many shows here at the Center and in nursing homes, the Holy Family Hospital and other places, sharing songs and smiles along the way. Last year, more

than 160 seniors volunteered more than 18,818 hours of service!

In President Obama's Proclamation, he states: "**Older Americans have lived through momentous and trying times in our history, and they have strengthened our national character. Their experience and wisdom connect us to the past and help us meet the challenges of the present**". Come visit us during the month, especially on **Methuen's Older Americans Day, May 5th**, when we host our most important event of the year showcasing the talents of more than 300 seniors who continue to weave a unique and lasting community tapestry.

In friendship and gratitude,

*Corinne LaCharite D.
Monica Pitman Executive Director
Chair, Council on Aging*

**ATTENTION: BIG NEWS FOR
EZ TRANS PARTICIPANTS!**

The MVRTA will implement a new "Medi-Ride" transportation service for EZ Trans customers for travel to and from Boston and Peabody Medical facilities! This service requires a 7 day minimum (14 day maximum) advance notice reservation. In order to use this service, appointments in Boston should only be made between 11:00am and 1:30pm and at Lahey Clinic between 10:30am and 2:00pm. Rate of fare will be \$8.00 cash one way or \$16.00 cash round trip. Customers may have one companion accompany them for \$4.00 on a space available basis. Persons planning to travel with a companion must state so when making the reservation. Reservations can be made by calling the MVRTA Office of Special Services at 978-469-6878, "Option 3".

Transportation pick up and drop offs for the Greater Lawrence Area will be made every **Tuesday** from:
Methuen Senior Activity Center, 77 Lowell St Methuen
Lawrence Council on Aging, 155 Haverhill St Lawrence
N.Andover Senior Center, 120 Main St, N. Andover
Andover Council on Aging, 36 Bartlet Ave, Andover

Additional transportation from the Greater Haverhill area will be on Mondays and from the Greater Newburyport area on Thursdays.

**Jamie McKallagat of MVRTA will be here on Tuesday June 7 at 12:15pm to discuss this new program and answer your questions!
Be sure to stop by!**

INFORMATIONAL TALK

What: What Happened To My Life? Caregiver
Workshop: Caring For Your Elderly Loved One
When: Tuesday, May 10, 2011 ~ 1:00pm
Who: Atty. Karol Bisbee, PC
Where: Methuen Senior Activity Center



ATTENTION Exercise & Dance Participants



In an effort to preserve our auditorium dance floor, please bring a pair of *indoor only* dance/exercise shoes with you to class. Salt, sand and dirt carried in on outdoor street shoes causes excessive damage to the finish. ***Thank you for your cooperation!***

INFORMATIONAL HEALTH TALK

What: Lifestyle Changes for Stroke Prevention
When: Wednesday, June 8, 2011 ~ 10:30am
Who: Joanne Desmarais, PT, DPT
Northeast Rehabilitation Hospital
Where: Methuen Senior Activity Center
77 Lowell St, Methuen



Did you know... studies show that up to 80% of strokes can be prevented by working with a health-care professional to reduce personal risk? Join us for a presentation outlining risk factors associated with strokes as well as lifestyle guidelines which will help reduce the chance of a stroke.

Registration Required: Call 888-250-3970

What You'll Learn

- 7 stages of caregiving and keys to surviving them
- How to get MassHealth to pay for home care
- 3 federal laws you need to be aware of
- Tips for communicating with your elderly loved one
- The "Caregiver Stress Test"
- The "Caregiver Self-Care Recipe"
- "Compassion Fatigue" – It's not a character flaw!
- How planning in advance can help you & your loved one

INFORMATIONAL HEALTH TALK


What: Getting Around While Traveling
When: Tuesday, May 31, 2011 ~ 10:30am
Who: Pam Ayotte, MS, CTRS/L
Northeast Rehabilitation Hospital
Where: Methuen Senior Activity Center
77 Lowell St, Methuen



Are you reluctant to plan a weekend getaway or extended vacation because you think it may be difficult to get around outside of your familiar surroundings?

DON'T BE! Come join us as we learn about how advance planning and helpful hints can make traveling a breeze.

WISH LIST

 In continued effort to stretch our budget, donations are always gratefully accepted. Some items on our wish list include: Plastic or paper cups, paper towels, napkins, coffee – both decaf and regular, china tea cups & saucers for special events, duct and masking tape, and extra large American flags for our outdoor flag pole!

Thank you!

INFORMATIONAL TALK

What: Medicare Changes 2011

When: Tuesday, May 24, 2011 ~ 1:00pm

Who: Hal Pierce, SHINE

Elder Services of the Merrimack Valley, Inc.

Where: Methuen Activity Center, 77 Lowell St,
Methuen


**Hal Pierce of the SHINE (Serving Health Insurance
Needs of Elders) will discuss what you need to know
about changes for 2011 and how you can prepare to
be an educated Medicare beneficiary!**


MAY 2011



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:00-9:00 CHAIR YOGA	8:00-9:00 AEROFLEX	8:00-9:00 WEIGHT TRAINING	8:00-9:00 CHAIR YOGA	8:00-9:00 WEIGHT TRAINING
9:30-12:00 JAPANESE BUNKA	9:00-11:30 12:30-3:00 CERAMICS	9:15-10:15 MODIFIED AEROBICS	9:00-11:30 QUILTING	9:00-10:30 YOGA (On-going)
9:30-10:30 MODIFIED AEROBICS	9:30-11:00 DANCE	9:00-11:30 QUILTING	9:30-12:00 JAPANESE BUNKA	9:30-10:30 MODIFIED AEROBICS
9:30-11:30 NEEDLEARTS	9:00-11:00 CLINIC 2 nd & 4 th TUES of the MONTH	10:00-12:00 OIL PAINTING	9:30-10:30 FITNESS CLASS	9:30-11:30 NEEDLEARTS
1:00-3:00 BINGO ~~~~~	8:30-11:30 & SHUFFLEBOARD	2:15-3:45 ADOPT-A- GRANDPARENT ~~~~~	12:30-3:30 BRIDGE	~~~~~ State Rep. Linda Dean-Campbell or an aide from her office will be here Fridays 11:00am-12:00pm to address questions, concerns & comments. ~~~~~
EZ Trans Assist Van 685-8767 or for a cab 1-877-308-7267 48 Hrs. Advance Notice Required ~~~~~	12:30-3:00 KNIT & CROCHET ~~~~~	Tom Hargreaves of Methuen Veterans Dept. Office Hours 3rd Wednesday of the month. 10-11:30am ~~~~~	12:30-2:00 CHORAL GROUP	PLEASE NOTE: Exercise programs, yoga and dance classes run continuously throughout the year. Craft classes run on 10 week semesters
FOOT CARE CLINIC Once a month by appt only. \$25.00 charge. Call for schedule.	AARP meets the third Tuesday of each month. 1:00pm ~~~~~	LEGAL CLINIC Atty. Karol Bisbee- 3rd Wednesday of the month by appointment	RIDES FOR MEDICAL APPOINTMENTS Call Dorothy, 9-12:00n at 978-983-8825. A <u>minimum</u> of 2 days advance notice required	



Our Newsletter & Mailings are sponsored in part by Executive Office of Elder Affairs,
 One Ashburton Pl.
 Boston, MA 02108

 **LUNCH SERVED**
Monday through Friday ~11:30am
Call Mornings 978-685-8866
 (Two day advance notice Required)
Donation: \$2.00

 **The GIFT SHOP and THRIFT SHOP are open**
Mon-Thur 9:30am-3:30pm
Fri 9:30-12:20
THE PUBLIC IS WELCOME! 

TRAVEL WITH US!



NOTICE: Tickets must be purchased at time of reservation. Tickets are non-refundable.

For complete details about trips hosted by the Methuen Senior Activity Center, including participant responsibility, a comprehensive "Trip Policy" outline is posted at the Senior Center and copies are available in the main office. All participants are required to have "Emergency Contact" information on them throughout the trip. Wallet sized "**File of Life**" information packets are available free, in the office, for your convenience!

- **May 18, 2011. Day Trip: Boston Duck Tour. Lunch at Maggiano's Restaurant. 10:00am. \$79.00pp.**
- May 26-June 3, 2011. Canadian Rockies by Train. \$3,599pp/do.
- June 5-11, 2011. Macinac Island, Michigan. 6 nights, 11 meals, sightseeing. \$1695pp/do.
- **June 14, 2011. Day Trip: The Singing Trooper. White's of Westport, MA. Lunch & Show. 9:30am. \$52.00pp.**
- June 21-24, 2011. Niagara Falls. 3 nights, 3 breakfasts/dinners, entertainment, sight seeing. \$785pp/do.
- **July 18, 2011. Lunch at Danversport Yacht Club and Harbor Cruise in Newburyport. . 10:45am. \$68.00pp.**
- July 18-20, 2011. Red Sox vs. Orioles at Camden Yards. 3 days, 2 nights. Includes transportation, lodging, breakfasts, tours and two ballgames! \$449pp/do.
- July 18-20, 2011. The Boston Red Sox vs. The Baltimore Orioles at Camden Yards, Baltimore, MD. 3 days/2 nights. 2 breakfasts, lodging, game, tour or historic Philadelphia and visit to US Mint. \$449pp/do.
- **August 12, 2011. Maine Lobster Bake at the Clambake Restaurant, Scarborough, ME. 9:30am. \$60.00pp.**
- Sept. 2 -9, 2011. Northern National Parks featuring Jackson, Wyoming, Yellowstone National Park, and The Grand Tetons. \$1,999pp/do.
- **Sept. 20, 2011. Day Tour: Salem, Gloucester, Rockport. Visit Salem Witch Museum, Lunch at Victoria Station on Pickering Wharf, 2 hour sightseeing tour of Gloucester and Rockport. Time for browsing galleries and shops. 9:45am. \$63.00pp.**
- Oct. 2-8, 2011. Myrtle Beach. 4 nights lodging, 12 meals, shows, garden visit, sightseeing! \$1285pp/do.
- **Oct. 14, 2011. Day Trip: Leaf Peepers Foliage Trip. Tour Smith's Country Cheese in Winchendon, MA, lunch at The Inn at East Hill, Troy, NH, visit to Alyson's Orchards, Walpole, NH. 8:30am. \$60.00pp.**
- Nov.10-19, 2011. Rome & Amalfi Coast. 10 days, 13 meals, lodging, airfare. \$2,699pp/do.
- Jan. 25-Feb 2, 2012. Discover Panama: The Land Between the Seas. \$2,699pp/do.

INFORMATIONAL TALK

Tuesday, May 3, 2011 ~ 10:30am

Explore the World with Collette Vacations

~ ~ ~ ~ ~

Collette Vacations will review the itinerary for the Canadian Rockies trip and discuss other exciting upcoming tours!



Perkins Low Vision Demo Center

If you or someone you know is struggling with vision loss, there is assistance available. The new Perkins Low Vision Demo Center, located on the campus of the Perkins School for the Blind in Watertown, Massachusetts with a satellite office in Amesbury, provides **free** demonstrations and evaluations of the many different assistive devices and technology which can enable an individual with low vision to read the newspaper and labels on food packaging, watch TV, play games, etc. Just call ahead to make an appointment with our highly experienced staff and try some of the devices that can increase independence. The Demo Center can be reached at 617-972-7308 or by emailing perkinsproducts@perkins.org.



METHUEN GARDEN CLUB Memorial Day Cemetery Plants

The Methuen Garden Club is once again offering a unique service for Memorial Day cemetery care. Offering a choice of 6 affordable floral packages planted in the ground, as well as a Veterans package designed to accommodate the smaller-sized veteran lot. Planting will be complete before Monday May 30th Memorial Day. Package prices range from \$12.00 to \$40.00 and include geraniums (choice of 3 colors), along with a mix of dusty miller, marigold and ageratum. The planting, mulch and general cleanup of the site will be done for you by members of the Methuen Garden Club. We do all the work and you enjoy peace of mind!

The deadline for ordering is May 16th, 2011.

Package descriptions and order forms are available on the bulletin board at the Methuen Senior Center. For additional information or to place an order, call Deb 978-685-9593 or Linda 978-687-9892 or visit the Garden Club website: www.methuengardenclub.org

FOXWOODS CASINO - Thursdays

May 26 June 23 July 28
Aug. 25 Sept. 29 Oct. 27



Bus leaves promptly at 6:30am from the Park & Ride on Pelham St .Price \$25 pp. Non-refundable



Jewelry Sale Items:

Jewelry boxes filled with pieces you no longer wear? Consider donating them for the next Jewelry Sale at the Methuen Senior Center! You get a neater jewelry box and the proceeds help the senior center ... what could be better? Donations are always gratefully accepted anytime in the office! THANK YOU!

**Next Jewelry Sale: May 5th, 2011 ~
9:00-3:00pm!**

OTHER HAPPENINGS IN OUR COMMUNITY



- **The Holy Family Hospital** hosts a full course dinner for seniors on the 3rd Wednesday of every month. Cost is \$5.00pp. Guest speakers and light entertainment provided. Space is limited so **reservations are required**. Call 1-800-488-5959.
- Wellness program for Parkinson's Disease. A Community Exercise Group program will run 2 times a week for 7 weeks (May 3-June 16) at \$35 per week. Please call 603-681-3210 for an appointment for a Free Screening at **Northeast Rehabilitation Hospital** 70 Butler St, Salem. This screening will determine if you would benefit from this specialty program.
- **The Holy Family Hospital** is looking for volunteers who enjoy sewing. Anyone who would like to sew together simple cloth bags should contact Stacey Sherman, Director of Volunteers at 978-687-0156 x2440. All materials will be supplied and the work can be done in your own home or at the hospital. A sewing machine is available for use in the volunteer office if needed.

Fourth Tuesdays

Lois Marra of Merrimack Valley Hospice offers information and support for those suffering loss. Meetings held the fourth Tuesday of each month. 10:00-11:30am. No appointment necessary.

METHUEN'S SPRING CLEAN UP

Mayor William M. Manzi III invites the residents of Methuen to participate in the Annual Spring Neighborhood Clean Up, May 7, 2011, 9:00-12:00n, with a cookout for participants to follow from 12:30-2:00pm at the Tenney Grammar School Playground. All participants will receive a free Methuen t-shirt. Take pride in your community... your neighborhood, your street, your city! For further information, contact Jill Stackelin 978-983-8578.



FRIENDS



If you are looking for one more way to help support our mission to provide as many programs and Services as possible and keep our Center safe and looking good... please consider becoming a **"Friend"**. Your \$5.00 donation will be added to a special **Friends Fund** designed to help defray the ever-rising daily operating costs. As a **"Friend"**, you are not required to attend any meetings on a regular basis, however, you will be invited to a special annual meeting where we will share the Center's accomplishments, future goals and provide you with a report on how the **Friends Funds** have been utilized. For more information, stop by the office..

Big Thanks to everyone who has already joined
Our Friends group continues to grow this month...

**Evelyn Cherest, Gerry O'Brien, Cecile Soucy
and several anonymous donors**

(Donation period: March 15 –April 15, 2011)

SHARE A TIP by Dora Atkinson

- To disinfect your wooden cutting board, pour white vinegar on a sponge and scrub away bacteria or wipe with paper towels dampened with hydrogen peroxide. Rinse thoroughly and dry.
- For perfect slices, spray your knife with cooking spray before you cut anything sticky like brownies or hard boiled eggs.
- Keep your shower liner from tearing by reinforcing the holes with clear packing tape. Use a hole punch to make holes for the hooks.



CONGRATULATIONS!



The seniors successfully defended the title in the the *Us vs. Them 45's Tournament* on April 12th. First place winners were: **Annette Hughes** and **Marie Vitulli**; second place winners were: **Maureen Donovan** and **Carol Michaud!** Everyone had a lot of fun!

HAPPY BIRTHDAY!

Best wishes to everyone who celebrated a birthday during the month of April...



Lionel Michaud Claire Lavin Lynne Moss
Doris Plantamura Phyllis Hutton Russ Brearly
Marie Lacarubba Corinne LaCharite

Do you have a birthday this month? Sign up for the birthday lunch on May 19th. Reservations must be made no later than 12:00 noon on May 16th. Call 978-983-8825.

In the meantime... **Happy Birthday!**



CAMPBELL'S SOUP LABELS



Campbell soup labels and General Mills "Box Tops For Education" labels are collected year round. The labels are delivered to local schools to be traded in for new classroom supplies! All you have to do is cut out the "Point Value" symbol or the UPC label from the back of Campbell's products and the "Box Tops For Education" symbols off General Mills products and drop them off here at the center. It's so easy and a great way to help the children in our community!

METHUEN SENIOR ACTIVITY CENTER
77 LOWELL STREET
METHUEN, MA 01844



ARTS CRAFTS & MUSIC FESTIVAL & OPEN HOUSE

Thursday, May 5, 2011 ~ 9:30am - 3:30pm



Come view the art work and talents of Methuen Seniors!



Grand Opening & "Older American's Month" Proclamation 10:00am

All Day Jewelry Sale

Complimentary Coffee & Pastry Hour 9:30-10:30am

Performance by the Happy Hearts Choral Group at 1:00pm

Program to include Posting of the Colors by Methuen High School Jr. ROTC

Special Guest Emcee: Representative Linda Dean Campbell.

All Veteran's are encouraged to attend, in uniform if possible, as we salute all branches of the American Armed Forces!



Donations of non-perishable food for Merrimack Valley Food Bank will be gratefully accepted!

Sandwiches & Pastries on sale for Lunch

Proceeds will benefit Community & Intergenerational Programs

On-Going Demonstrations by Crafters ~ Participation Gift Awards at 2:30pm



Needlearts ~ Japanese Bunka ~ Painting ~ Knitting & Crochet ~ Ceramics ~ Quilting ~ Woodworking ~ Photography



Free Admission!



The Public Is Invited!



The Methuen Council on Aging provides the following services and programs. For more information, call the Center Monday through Friday, 8:00am-4:00pm at 1-978-983-8825. Services are provided according to availability of service staff and volunteers.

- Benefits (Health Insurance) Counseling by appointment.
- Daily Hot Lunch Program & Meals on Wheels. 11:30am
- Transportation for Medical Appointments. Call Dorothy 9:00am - 12:00n.
- Senior/Disabled Property Tax Relief Work Program
- MVRTA EZ Trans senior transportation reduced rate ticket coupons.
- Financial & Retirement Planning Workshops.
- Lending Library. Info materials only.
- Gift Shop. M-Th 9:30-3:30pm.. Fri. 9:00-12:00.
- Thrift Shop.M-Th 9:30-3:30pm Fri. 9:00-12:00.
- Educational & Life Enrichment Programs
- Choral Group
- Advocacy Workshops & Information
- Trips: Day & Overnight.
- Friendly Visiting (Weekly visits to homebound)
- Counseling for Elders for, grief, depression, grandparenting support, etc.
- Income Tax Assistance
- Information & Referral.
- Monthly: Legal clinic / Veterans Services / 4th Tuesday Grief Counseling
- Free health aide equipment loans. Wheelchairs, canes, walkers, etc.
- 7 different exercise programs.
- Methuen TRIAD Safety Group. File of Life Emergency Medical Information, Refrigerator Magnets. Yellow Dot Automobile Emergency Info packets. House numbers U.V. Protection Glasses.
- Outreach Services.
- Volunteer Matching Services
- Intergenerational Programs with Methuen Schools.
- Bi-monthly Health Clinics. 2nd & 4th Tuesday 9-11:00am. Various Screenings.
- Health Care Proxy Forms, Homestead Act Applications, EZ Trans Applications & Reduced Rate Ticket Books.
- Telephone Outreach, Reassurance Calls, Sunshine/ & Sympathy Cards.
- Recreational Activities & Events such as Saturday Night Dancing, Ice Cream Socials, Birthday Lunch and more.